

CAREER COACHING 101



WHAT IS CAREER COACHING?

A volunteer works with students on a task or activity that varies by grade and objective. Tasks are designed to help students improve their teambuilding and interpersonal communication skills, provide networking opportunities, and prepare them for the workforce.

WHAT TO EXPECT DURING CAREER COACHING

Before



A PEB staff member will be in touch about the activity and logistics. This staff member will be your main point of contact.

During



Assist students with completing the task. Remember students are there just as much for you as they are for the activity itself.

After



Stay a few minutes to talk to students and other coaches. Provide feedback about the activity.



COMMON SCENARIOS

Here are some common scenarios that may arise and potential responses:

"I DON'T WANT TO BE HERE TODAY"

A student says, "I don't want to be here today". A coach can respond by saying:

- "I didn't even want to get out of bed today until I had some coffee. What typically works to get you motivated?" Focus on shared experiences.
- "Take 15 minutes and see if you change your mind. We will be working on this if you do." Students will oftentimes give it a try.



QUIET AND DISINTERESTED

Often students will "wait their turn" to speak, so prompting them directly can get them talking.

- Ask them questions or ask their tablemates to share what they think that person would say. This at times gets the students to help the quiet student to interact.
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"The key thing to remember is this is a long slow process. It is the proverbial pebble in a pond. I am making an impact just by showing up and being an example. I have no control over where those ripples in the water go, but I do know there will be ripples. Knowing that it is a long process, let's me keep returning to see what change has happened."

Ethan, Career Coach